

Harvest of the Month Survey

Fall 2006

Prepared by

the Research and Evaluation Unit

of the *California Nutrition Network for Healthy, Active Families*

Confidentiality information to be explained to students

We would like for you to complete this survey. You may skip questions you do not want to answer but we hope that you will answer all of them. Any information about who you are will be kept secret. We will not share your name or identification number. They will only be used for reports.



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *California Nutrition Network for Healthy, Active Families*.



Student identification number _____

We want you to tell us what you know about healthful eating.

Please bubble your answer ●

1. Eating fruits and vegetables can help lower your chances of getting heart disease or cancer.

- ☐ True
- ☐ False
- ☐ Don't know

2. Fruits and vegetables that are high in Vitamin A are _____ in color.

- ☐ Red and white
- ☐ Blue and light brown
- ☐ Yellow-orange and dark green
- ☐ Brown and purple
- ☐ I don't know

3. Almost all fruits and vegetables contain a lot vitamins and _____.

- ☐ Protein
- ☐ Fiber
- ☐ Cholesterol
- ☐ Fat
- ☐ Don't know





4. Which of the following fruits and vegetables are grown in California:





















- ☐ Spinach
- ☐ Apples
- ☐ Pears
- ☐ All of the above






5. Fruits and vegetables, like apples and pears, are best when eaten with the peel because that is where most of the fiber and antioxidants are.

- ☐ True
- ☐ False
- ☐ Don't know

6. How much do you like these fruits and vegetables? Please bubble your answer ●

	I do not like this 	I like this a little 	I like this a lot 	I don't know what this is 
Acorn Squash.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asparagus.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avocados.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beets.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cabbage.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrots.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cherries.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooked Greens.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dried Plum.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grapefruit.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green Beans.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mandarins (Tangerines)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Melons.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mushrooms.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nectarines.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Onions.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peas.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peppers.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Persimmons.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plums.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potatoes.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pumpkins.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Radishes.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salad Greens.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet Potatoes.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomatoes.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Zucchini.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Please bubble your answer ●				
7. For breakfast, I think I can...	I disagree very much 	I disagree a little 	I am not sure 	I agree a little 	I agree very much 
A. drink a glass of my favorite juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. add fruit to my cereal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. For lunch at school, I think I can...	I disagree very much 	I disagree a little 	I am not sure 	I agree a little 	I agree very much 
A. eat a vegetable that's served	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. eat a fruit that's served	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. For lunch at home I think I can...	I disagree very much 	I disagree a little 	I am not sure 	I agree a little 	I agree very much 
A. eat carrot or celery sticks instead of chips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. eat my favorite fruit instead of my usual dessert	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. For a snack I think I can choose...	I disagree very much 	I disagree a little 	I am not sure 	I agree a little 	I agree very much 
A. my favorite fruit instead of my favorite cookie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. my favorite fruit instead of my favorite candy bar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C. my favorite raw vegetable instead of my favorite cookie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D. my favorite raw vegetable instead of my favorite candy bar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E. my favorite raw vegetable instead of chips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	I disagree very much	I disagree a little	I am not sure	I agree a little	I agree very much
11. For dinner I think I can....					
A. eat a serving of vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. eat my favorite fruit instead of my usual dessert	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the past 24 hours (yesterday), how many times did you... (please circle the number of times)						
12. Drink 100% fruit juices , such as orange, apple or grape?	0	1	2	3	4	5 or more
13. Eat fruit ? (Do not count fruit juice.)	0	1	2	3	4	5 or more
14. Eat vegetables ? (Include salads and non-fried potatoes.)	0	1	2	3	4	5 or more

15. How old are you? _____
Years

16. Are you ☐ Boy
 ☐ Girl

17. How do you describe yourself? (You may fill-out more than one)

- ☐ Latino, Hispanic
- ☐ Black, African American
- ☐ White
- ☐ American Indian, Alaskan Native
- ☐ Asian, Pacific Islander
- ☐ Other